

The Complete Body Massage Course

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based on traditional thai herbal lore the secrets of this country s ancient healing therapies are offered for the first time in this thai guide to health and beauty feel good therapies and natural healing are the lifestyle mantras of the new millennium asia leads the way in the back to nature market reviving many of its ancient techniques and treatments that have been handed down form one generation of women to the next thai spa book focuses specifically on stress busting therapies from thailand running the gamut from the many types of thai massage and meditation to full beauty treatments facials relaxing baths and scrubs healthy tonics and much more these therapies are offered with recipes or instructions or both which are easy to follow practical tips are given to recreate these health and beauty recipes at home and specific treatments are outlined for specific ailments all are designed to soothe nurture and calm with superb full color photography using many of thailand s top supermodels the book was shot entirely on location in some of thailand s super delux spas

everyone needs a break to relax and rejuvenate and a visit to a thai spa is the perfect way to do this thailand is home to many of the best spas and spa treatments in the world and thailand s luxury spas presents the very best options available in that country for those who cannot make it to thailand this new book presents detailed easy to follow recipes for many of the traditional thai healing therapies practiced there you can pamper yourself in the comfort and privacy of your own home massage meditation restorative beauty treatments pick me up tonics and tone me down baths all are outlined with simple instructions and clear color photographs thailand s luxury spas focuses on stress busting therapies that run the gamut from all the various forms of thai massage and meditation to full body beauty treatment facials relaxing baths and scrubs healthy tonics and much more practical tips are given on how to recreate many of these recipes at home and specific treatments are outlined for specific ailments with superb full color photography featuring many of thailand s top supermodels the book was shot entirely on location in thailand s super deluxe spas enjoy a true thai style chill out spa experience wherever you live with thailand s luxury spas

this carefully curated list of 50 unique things to do in chiang mai thailand encapsulates the essence of this captivating city from historical landmarks to adrenaline pumping adventures cultural experiences and artistic treasures chiang mai offers an unparalleled array of activities that cater to every traveler s interests begin your journey by immersing yourself in the rich history of the old city where ancient temples and architectural wonders await marvel at the golden splendor of wat phra that doi suthep perched atop a mountain offering panoramic views of the surrounding landscape delve into the hidden gems of wat umong and wat suan dok where tranquility and serenity embrace you explore museums like lanna folklife museum and chiang mai city arts and cultural center which provide a deeper understanding of the local culture and traditions for those seeking adventure chiang mai doesn t disappoint zip lining through the lush rainforests rock climbing at crazy horse buttress or taking a hot air balloon ride over the picturesque countryside are just a few of the thrilling options available nature lovers can venture into doi inthanon national park where misty mountains cascading waterfalls and diverse flora and fauna await discovery interacting with rescued elephants at the elephant nature park offers a truly heartwarming and ethical wildlife encounter chiang mai is also a haven for art and creativity visit the artist village of baan kang wat and explore its unique crafts and workshops immerse yourself in the contemporary art scene at the chiang mai university art museum and art bridge chiang mai discover the traditional art forms of thai dance and puppetry or even learn the ancient techniques of thai cooking and massage through immersive classes in chiang mai every corner reveals something new and exciting whether you re exploring the bustling night bazaar indulging in a traditional khantoke dinner with a cultural show or simply taking a leisurely boat ride on the mae ping river the city offers an abundance of experiences to enchant and delight with its blend of history adventure culture and art chiang mai beckons you to embark on an unforgettable journey filled with captivating moments and cherished memories

for more than 30 years yoga journal has been helping readers achieve the balance and well being they seek in their everyday lives with every issue yoga journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds we are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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highlights over 6 000 educational programs offered by business labor unions schools training suppliers professional and voluntary associations and government agencies

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the burgeoning popularity of alternative medicine has created a growing need for professionally trained practitioners this indispensable guide for prospective students is packed with resources schools and other educational opportunities in areas from

chinese medicine and massage therapy to chiropractic and applied kinesiology

including practical information for the business or independent traveller this guide features hundreds of accommodation and restaurant options local excursions to historic towns coverage of temples museums and river trips and a thai language section with script and pronunciation guide

thailand is truly amazing as one of the world s leading tourism destinations it has all the fascination and the facilities to continue drawing millions of overseas visitors year after year yet it remains a world apart a place full of secrets and surprises much of the country and many of its unique attractions are still quite undiscovered by foreign travellers you ll be amazed to learn how much more there is to thailand for the next two years 1998 and 1999 the country will be telling its story to the world thailand s travel business will draw the curtain back on more than ever before of the country s countless attractions infrastructure and tour programmes will be expanded and redeveloped to offer visitors more of the country and more of what is unique to this truly remarkable land

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